



MENTAL
HEALTH
FIRST AID

Youth Mental Health First Aid Certification

*Take the course,
Save a life,
Strengthen your
community.*

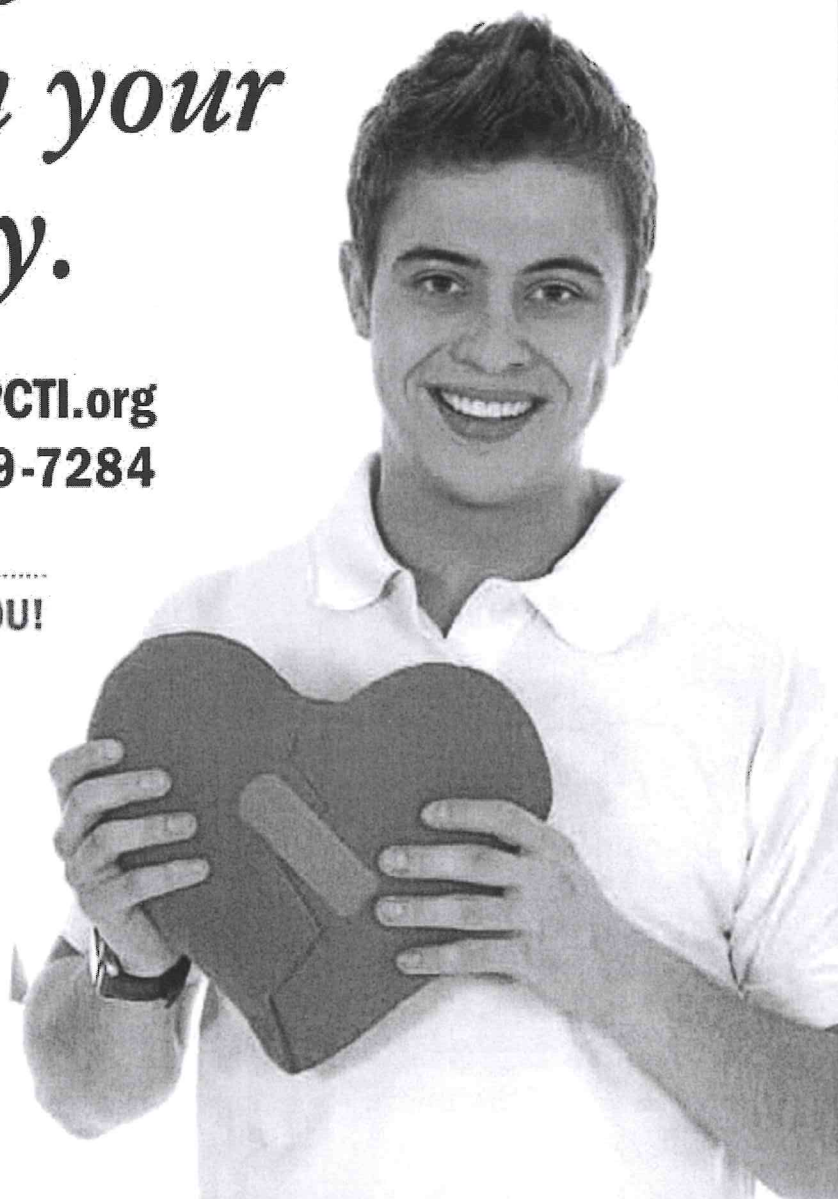
**REGISTER
TODAY!**

www.MyPCTI.org
(877) 969-7284

Sometimes, the best first aid is YOU!

Learn the core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:

- Assess for risk for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



ALGEE, the Mental Health First Aid Action Plan

*Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies*

Visit our website to register online at www.MYPCTI.org

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Youth Mental Health First Aid (EB, PE)

The new Youth Mental Health First Aid focuses on helping youth (ages 12-18) who may be experiencing a mental health challenge or in a crisis. Youth Mental Health First Aid is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly – teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care. Participants who complete this course will receive a 3-year certification on Youth Mental Health First Aid offered through the National Council for Community Behavioral Healthcare.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy – the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:

After attending this seminar you should be able to:

- Assess for risk for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Date: January 24, 2014

Time: 8:30am – 5:00pm

CEs: 0

Seminar: 1391-C

Instructors: Maribel Contreras, PhD and Debbie Jih, MFTI

Location: Pacific Clinics Training Institute – Wilson Auditorium
2471 E. Walnut Street, Pasadena, CA 91107

Cost: \$100.00

Early Bird Registration: \$75.00

Early Bird Deadline Date: January 10, 2014